

Sample Menu Cycle September 2019

Starter	Selection of fresh fruits and salads; typically 4 types of fruit and 4 types of salad				
Week 1 Main Course	Monday	Tuesday	Wednesday	Thursday	Friday
	Pasta al pomodoro with cheese. Buttered green beans with roasted beetroot.	Roasted baby potatoes with baked beans (JI-2C); Home fries with baked beans (2-4C); Homemade coleslaw.	Steamed basmati rice with optional fragrant mild curry sauce. Roasted buttered carrots and parsnips. Homemade hummus.	Homemade pizza. Sweetcorn(JI-2C); Pasta al pesto, cheese (3-6C). Dried cranberries.	Pasta al pesto, Cheese (JI-2C); Homemade pizza. Sweetcorn (3-4C). Sunflower seeds.
Week 2 - Main Course	Roasted butternut squash. Macaroni with cheese. Homemade egg mayonnaise.	Home fries and steamed buttered broccoli (JI-2C); Roasted baby potatoes with baked beans steamed buttered broccoli (2-4C). Dried fruit.	Homemade pizza with pineapple (JI-2C); Hearty homemade vegetable soup (3C-6C). Dried apricots.	Hearty homemade vegetable soup (JI-2C); Homemade pizza with pineapple (3-6C). Dried cranberries.	Creamy mashed potatoes with optional lentil dhal (JI-2C); Pasta al pesto, Cheese (3-6C); Sunflower seeds.
	Selection of dried fruit.				
	Homemade bread with optional butter and honey				
	Drink options: water & milk				